

12 Fun Ways to Walk the Talk in Your Organization

Almost everyone in America is looking for easy ways to be active and get fit. Any group, organization or club (service, professional, educational or social) can easily help its members become healthier. It doesn't have to take a lot of time or money. All it takes is a commitment to an active lifestyle and a little creativity to get things moving along. Here are a dozen fun ways to help your group get up and get moving, one step at a time.

1. **Take 10 at every meeting:** Take ten minutes to get moving – with a few stretches, a few dance moves or a few leg lifts in a chair.
2. **Introduce new activities:** Expose co-workers to new options for being active. Invite local experts to showcase yoga, Pilates or zumba!
3. **Sponsor a sports team:** Get actively involved with getting kids active. Practice with the kids, set up the field or actively coach.
4. **Plan active celebrations:** Hula-Hoop® or limbo contests? Conga lines? A little silliness can provide active fun at almost no cost.
5. **Join active events:** Nearly every community has walks, runs or other active events where you can share your group spirit.
6. **Start a walking club:** Getting together at a specific time and place often makes it easier to get motivated and get moving.
7. **Get a little competitive:** Some people are motivated by a competitive spirit and like to see who can walk the most steps.
8. **Take an active challenge:** At www.presidentschallenge.org, individuals, teams and clubs can track their activity levels.
9. **Give activity awards:** Recognize members who become more active and those who support others in active lifestyles.
10. **Support active communities:** Actively work towards bike paths, skate parks or hiking trails – fun, safe activity for people of all ages.
11. **Choose an active location:** Move meetings to places where members can be active before or after – like a park or bowling alley.
12. **Play, play, play:** An organization or club that plays together stays together and has a lot more fun too!

